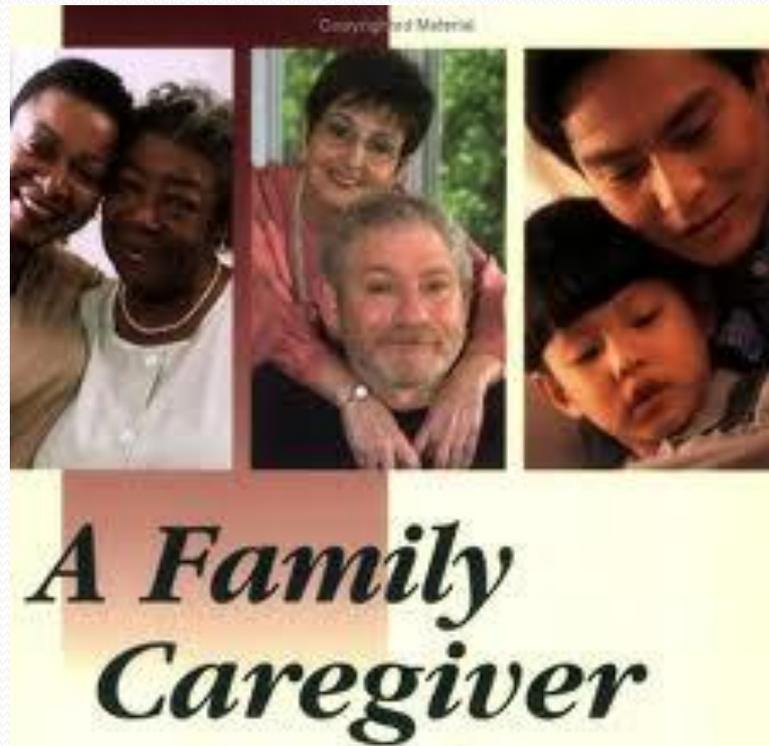


COMMUNITY RESOURCES

Dr. Michele Arns
Assistant Professor ETSU
Family Nurse Practitioner

Impact on Caregivers



Caregivers & Stress

Caregiver Stress Check

Feel like you have to do it all yourself and that you should be doing more?

Withdraw from family, friends and activities that you used to enjoy?

Worry that the person you care for is safe?

Feel anxious about money and healthcare decisions?

Deny the impact of the disease and its effects on your family?

Feel grief or sadness that your relationship with the person isn't what it used to be?

Get frustrated and angry when the person with dementia continually repeats things and doesn't seem to listen?

Have health problems that are taking a toll on you mentally and physically?

10 Symptoms of Caregiver Stress



- Denial
- Anger
- Social withdrawal
- Anxiety
- Depression
- Exhaustion
- Sleeplessness
- Irritability
- Lack of concentration
- Health problems



LOCAL RESOURCES

Johnson City Senior Services

1-423-434-6237

First Tennessee Area Agency on Aging and Disability (FTAAAD)

1-423-928-0224

Alzheimer's Association

1-800-272-3900

Home Instead Senior Care

1-423-926-4141

1-423-638-6375

First Tennessee Human Resource Agency

1-423-461-8200

DEMENTIA

**is life-changing for
both those who are diagnosed
and those close to them.**

Support groups provide a place to connect
with other caregivers
who truly understand
what you are going through.

Johnson City

Broadmore Senior Living
406 East Mountain View Road
2nd Tuesday 6:00 p.m.
Wanda Trentham
Linda Johnson
423-218-0323

Johnson City

Wellington Place Assisted Living
2003 Water's Edge
2nd Thursday 6:00 p.m.
Amanda Dowell 855.308.5553

Johnson City

The Courtyards Senior Living
2109 East Lakeview Drive
3rd Thursday 10:00 a.m.
Karen Stigall or D. Simerly
423.928.1295

Johnson City

Pine Oaks & Magnolia Crossing
Assisted Living
213 University Parkway
1st Tuesday
Christina Harrison 423.232.5500

Nutrition and meal programs

FIRST TENNESSEE HUMAN RESOURCE AGENCY

Phone 1-423-461-8200

Sullivan County:

Bristol-Slater Center Phone: 423.764.6041

Edgemont Towers Housing Authority
Phone: 423.968.5075

Kingsport/Renaissance Center
Phone: 423.246.8060

Kiwanis Towers Nutrition Site
Phone; 423.246.0120



Washington County

FTHRA Home Office
Phone: 423.483.8409

Jonesborough Senior Center
Phone: 423.753.5201



Adult Day Services

First Tennessee Human Resource Agency

ADS is located at 603 Bert Street, Johnson City, in the old Keystone School.

Please call 423.928.8855 for more information.

Pine Oaks Assisted Living

423-232-5500



Respite services

Respite care can be provided at home by a friend, other family member, volunteer or paid service.

Or in a care setting, such as adult day care or residential facility.

Appalachian Christian Village
Residential facility **877-447-9445**

Home Instead
In-home respite **423-926-4141**

RESPIRE CARE SERVICES ALLOW:

- ✓ The opportunity to take a vacation, travel for the holidays, or attend a special out-of-town event like a wedding or reunion.
- ✓ Respite services can be for just a few hours a week, overnight or occasional 24-hour care while you're away.
- ✓ A Necessary Reprieve
- ✓ In-home respite care services help you be a more effective caregiver that is able to better deal with your loved one's situation and handle challenges that come up in a positive way.

